Volume 11, Number 11 June 1-28, 1996

UCSF Newsbreak

Drug lowers risk of fractures in women with osteoporosis

By REBECCA HIGBEE

Post-menopausal women with osteoporosis who have had a previous spinal fracture and who take the drug alendronate are at 51 percent lower risk of debilitating hip fractures and 46 percent lower risk of new spinal fractures, according to UCSF researchers.

Osteoporosis research round up, p.3

"This is the first study to show a reduction in hip fractures in a general population of post-menopausal women with osteoporosis," says Dennis Black, UCSF associate professor of epidemiology and biostatistics, who presented the initial findings of the largest osteoporosis study ever conducted during the World Congress on Osteoporosis in Amsterdam last week. "The results are exciting and significant, because nearly all hip fractures require hospitalization," Black says, "and up to 20 percent of women who suffer hip fractures die within a year."

Developed by Merck & Co. Inc., alendronate is available as FOSAMAX in more than 30 countries including the US. Alendronate is an aminobisphosphonate, part of a class of drugs known as bisphosphonates that work by inhibiting the action of cells, called osteoclasts, that destroy bone. Other key findings of the women using the drug include:

- 89 percent reduction in multiple spinal fractures;
- 50 percent reduction in loss of height;

(See **DRUG** on page 3)

UCSF salutes stellar service

Photos by David Allen

Among those honored during Founders Day celebrations at UCSF are from top, left to right, Robert Wachter, with his wife, Amy; Jacqueline Peterson-Tulsky and Brian Desmond, and Ellen Padon with Chancellor Joseph Martin.

In celebrations commemorating 1996 Founders Day, UCSF saluted men and women whose extraordinary efforts have made significant contributions on campus and in the community. Here is what nominators had to say about the honorees recognized during last week's celebration at UCSF:

University service:

An award given to employees who routinely go above and beyond their job descriptions.

Judy Bishop: A personnel/payroll assistant in Reprographics/Mail Services, Bishop demonstrates "indefatigable team spirit" as she strives to promote outstanding customer service, high department morale and enthusiasm for department, campus and community projects. She has been instrumental to the department's success in the Summer Youth Program as well as in its reengineering of billing.

Marie Caffey: Director of Administration in the Department of Psychiatry, Caffey displays boundless enthusiasm, unceasing dedication and a team-player attitude. Over the past two years she has maintained a strong leadership role in the development of a campuswide online payroll/personnel system, which will decentralize and automate these processes on campus.

David Heard: A programmer analyst in the Medical Center's Department of Nursing, Heard has displayed exemplary customer service and computer skills. His innovation and technical knowledge have enabled him to improve the quality and cost effectiveness of a wide array of functions in the department, affecting some 2,000 of its employees. Heard's abilities, talent, sense of humor, and contributions have led his colleagues to celebrate "Dave Heard Day."

Robert Hellman: A supervisor in the Department of Nutrition and Dietetics, Hellman is responsible for purchasing and managing $13 million worth of food and supplies each year. Through his initiative, efficiency and excellent follow-through, he has, many times over, saved the department thousands of dollars while evaluating expenses and investigating alternatives. Hellman has been described by his colleagues as a dedicated employee "who has the well-being of the University at heart."

Karen Mah-Hing: A principal administrative analyst in the Dean's Office, School of Nursing, Mah-Hing has more than 22 years of University service. Her contributions to the University, described as "exceptional," far exceed her primary responsibilities. With quiet determination, persistence and humor, Mah-Hing has assumed leadership for projects such as developing department computer database systems and food drives.

Gail Mametsuka: A program representative in EMPACT!, the employee activity program, Mametsuka is known for her cheerful dedication to constantly improving campus life. Mametsuka has created a myriad of high-quality events effectively bringing together employees from all UCSF locations. Her efforts include such activities as EMPACT!'s volunteer program of more than 400 employees, UCSF "Family Nights" and the EMPACT! Sports Program.

Public service

This year marks the 25th anniversary of the Chancellor's Award for Public Service, which along with the Thomas N. Burbridge and the Edison T. Uno awards, honor those who have performed outstanding community service.

Kofi Osafo Ampim: A self-described "community activist," Ampim is a cardiology catheteritization technician at SFGH and founding member of the UCSF Black Caucus. He has worked tirelessly in Oakland as a leader of SMBA Inc., a group of African-American men who mentor young boys from

(See **AWARDS** on page 2)

Minority doctors care for more diverse patients

By RUTHANN RICHTER

California's black and Hispanic physicians care for a disproportionately higher share of the state's minority and poor patients than do white doctors, according to UCSF researchers who highlight the importance of affirmative action policies.

"Minority physicians, particularly black and Hispanic, serve minority populations to a greater degree than white physicians in the same communities. So training members of minority groups for medical careers is going to be extremely important to get care to underserved populations," says Miriam Komaromy, UCSF assistant professor of medicine and chief author of the study that appears in the May 16 issue of the New England Journal of Medicine.

Using state data and results from physician surveys, the researchers found that in black physician practices, 52 percent of the patients are black, while in non-black physician practices the number of black patients is only 9 percent. In Hispanic physician practices 54 percent of patients are Hispanic, while in the practices of non-Hispanic doctors the number of Hispanic patients is 20 percent. The study also found that black and Hispanic physicians are more likely to care for the state's poor patients.

The results suggest that dismantling affirmative action programs, which have been under attack at both the national and state levels and within the University, could jeopardize care for minority patients, Komaromy says. "Affirmative action is an important policy to address the health

(See **MINORITIES** on page 7)

SFGH opens two neuroscience centers

By GAIL GORDON and ALICE TRINKL

The Gladstone Molecular Neurobiology Program and the Gallo Molecular Genetics Program opened their labs at SFGH May 23, as part of a celebration of the many contributions of SFGH to medical research, patient care and to UCSF's teaching and research endeavors.

Research at the Gladstone Molecular Neurobiology Program, headed by Lennart Mucke, associate professor of neurology, focuses on understanding the molecular processes involved in three human neurological diseases: Alzheimer's disease, AIDS dementia complex and multiple sclerosis.

Investigators have defined specific proteins in the brains of animal models to determine how these molecules may be involved in the development of neurodegenerative diseases. Recently, they helped to characterize a rodent model that develops brain abnormalities very similar to those seen in Alzheimer's disease. Researchers also published work on how HIV infection may change the normal functioning of brain cells that may lead to AIDS dementia. These and other ongoing studies will open new avenues for the development of treatments for these debilitating diseases.

"We are thrilled to be part of the J. David Gladstone Institutes and the UCSF department of neurology," Mucke says. "Our longstanding interest in HIV-associated neurological diseases forms a solid link between our agenda and SFGH's battle against AIDS. In addition, I hope that research efforts on neurodegenerative disorders will contribute to making this campus an important center for the treatment and care of patients suffering from Alzheimer's disease."

The Gallo Molecular Genetics Program, headed by Kirk Wilhelmsen, assistant professor of neurology, is aimed at the study of genetic patterns of inherited traits within families, particularly alcoholism. Epidemiological studies have suggested that the pattern and quantity of alcohol consumption are inherited.

Researchers are studying 50 participants and their families to diagnose alcoholism, determine the age of onset of problem drinking and the degree of physiological dependence. Each of these traits will be analyzed, and an attempt will be made to link each trait to a specific chromosome location. To perform these sophisticated genetic linkages, the team is using state-of-the-art DNA sequencing equipment, including a database computer and automated biochemistry equipment that can perform 3,000 analyses a day.

In addition to the main laboratory, which houses both the Gladstone and Gallo programs, the new facility includes a robotics lab where the genetic mapping will take place, a microscopy room with a laser scanning con-

(See **CENTERS** on page 3)

Kuntz gives update on molecular design

By GAIL GORDON

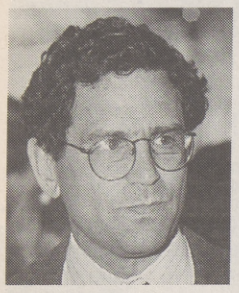
Aided by dazzling computer graphics, Irwin D. "Tack" Kuntz, professor of pharmaceutical chemistry, and director of the UCSF Molecular Design Institute, presented an overview of his and his colleagues' current research at the 39th annual Faculty Research Lecture on May 21. His topic, "Dockers, Nikes, Topsiders: Structure-Based Design at UCSF," had nothing to do with men's casual footwear.

When Kuntz arrived at UCSF in 1971, the idea of using molecular structures to design drugs was in its infancy. Among the medicinal chemists who saw the potential for structure-based design was Gene Jorgensen, whose graduate student Jeff Blaney became interested in using computers to model the interactions between thyroxin and thyroid hormone. The concept that molecules which bind to each other must fit together like pieces of a three-dimensional jigsaw puzzle was the basis for the software program DOCK developed by Kuntz and members of his group. These researchers, the "dockers" of the title, developed methods for screening databases of molecules to find potential drugs, an idea that has proved very powerful over the years. As an example, Kuntz described the successful search for inhibitors of HIV-1 protease, a protein essential to the reproduction of the

(See **LECTURE** on page 6)

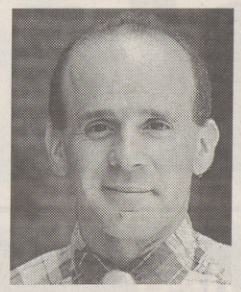
Gazette

Appointments



Sheppard

Dean Sheppard: Appointed interim chief, medical services, SFGH, and interim vice chair, medicine. Sheppard, who came to UCSF in 1978 as a fellow in pulmonary and critical care, will continue as professor of medicine, director of the Lung Biology Center and senior staff member of the Cardiovascular Research Institute. He now will be responsible for the overall functioning of the Department of Medicine at SFGH, including clinical services, teaching, academic performance and research, new faculty recruitment and budgeting. Sheppard plans to use the opportunity provided by the economic uncertainties affecting medical care reimbursement to further improve the quality of care at SFGH. He also plans to position the department for the recruitment of an outstanding permanent chief, a job he says will be aided by the SFGH faculty's remarkable record in basic and clinical research and teaching.



Borrero

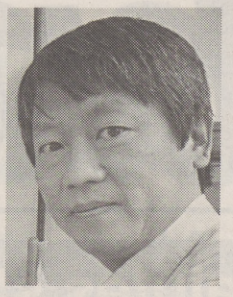
Harold Borrero: Appointed coordinator, UCSF Cardiopulmonary Resuscitation Center. A former firefighter and paramedic in San Francisco, Borrero has been teaching CPR for 11 years. He tries to make learning CPR fun and realistic, using such props as a toy knife and a blood capsule in his mouth to teach CPR students to think about their own safety while helping others. Borrero has restructured the CPR Center's programs, adding classes in first aid, advanced cardiac life support and pediatric advanced life support, plus adult and child CPR classes for Spanish-speaking students. Also, CPR Center classes now are offered more frequently. Borrero's goal is to offer training to health care providers, faculty and staff that is less expensive and more convenient than what they are currently using. The UCSF CPR Center will be moving to Millberry Union's I level in January 1997.

In Memoriam

Peter F. Ostwald, 68: Professor, psychiatry and director, Health Program for Performing Artists, Ostwald was known internationally for his pioneering work on the interface between music and medicine and his acclaimed biographies of composer Robert Schumann and dancer Vaslav Nijinsky. A graduate of UC Berkeley, he received his medical degree from UCSF. After residency at Cornell Medical College in New York and service in the US Army Medical Corps, he returned to UCSF and joined the staff of Langley Porter Psychiatric Institute in 1956. In 1986, he founded the Health Program for Performing Artists, a group of medical specialists devoted to research, education and clinical care of health problems and disabilities afflicting performers. A highly skilled violinist as well as an eminent psychiatrist, he served as mental health consultant to the San Francisco Conservatory of Music. Ostwald received the 1991 J. Elliot Royer Award for distinguished service to the field of psychiatry and the 1991 Northern California Psychiatry Society's Award for outstanding achievement. A memorial concert is planned for the fall. Memorial contributions may be made to the Health Program for Performing Artists, care of UCSF Foundation, 44 Montgomery St., Suite 2200, San Francisco, CA 94104.

Ian W. Monie, 78: A member of the Department of Anatomy for 35 years, he served as chair from 1963 to 1970 and retired as professor in 1987. Internationally known for his research in birth defects, Monie also contributed substantially to the field of mammalian teratology, publishing many articles dealing with developmental abnormailities in humans and other species. He taught developmental anatomy and gross anatomy to generations of medical students, winning the Senior Medical Class Award for Excellence in Teaching in 1960. He also gave special lectures in anatomy to many professional groups, including surgeons, physical therapists and lawyers. Memorial donations may be made to the Monie Memorial Fund, UCSF Office of Development, San Francisco, CA 94143-0248.

Jan to be honored for election to NAS



Jan

Yuh N. Jan, a professor of physiology and biochemistry who has been elected to the National Academy of Sciences (NAS), will be honored along with several other faculty at the School of Medicine's First Annual Honors and Awards Reception on Monday, June 10.

Election to the NAS, a private non-profit society, is one of the highest honors accorded a US scientist or engineer. Jan, an investigator in the Howard Hughes Medical Institute, and Lily Jan, his wife and a professor of physiology and biochemistry who was elected to the NAS last year, were selected for their work showing that organisms often use the same genes for different purposes.

Listed below are the other faculty to be recognized at the reception for their achievements in 1995 and 1996.

Endowed Chairs

Julius Krevans Chair: Lee Goldman, professor & chair, medicine; associate dean, clinical affairs.

Esseltyn Foundation Chair: Harold S. Luft, director, Institute for Health Policy Studies.

Albert Bowers Chair: Regis B. Kelly, professor & chair, biochemistry & biophysics; director, Hormone Research Institute.

Robertson Chair: Samuel H. Barondes, professor, psychiatry.

American Academy of Arts and Sciences

Dorothy F. Bainton, vice chancellor, academic affairs.

Melvin M. Grumbach, professor emeritus, pediatrics.

Larry J. Shapiro, professor & chair, pediatrics.

Major Awards in Medicine or Science

Royer Award: Stanley B. Prusiner, professor, neurology, biochemistry & biophysics

Heinz Award: William J. Rutter, professor, biochemistry; professor emeritus, Hormone Research Institute

Horten Award: Y.W. Kan, professor, hematology, laboratory medicine & Cancer Research Institute

Ho-Am prize: Young S. Kim, professor, medicine, pathology & Cancer Research Institute

National Academy of Sciences

Melvin M. Grumbach, professor emeritus, pediatrics

Lily Y. Jan, professor, physiology & biochemistry

Yuh N. Jan, professor, physiology & biochemistry

Institute of Medicine

Charles J. Epstein, professor, pediatrics & Cardiovascular Research Institute

Lee Goldman, professor & chair, medicine; associate dean, clinical affairs.

William B. Kerr, director, Medical Center

Private Support

UCSF is pleased to acknowledge the following listing of gifts/pledges of $25,000 or more from individuals, corporations and foundations received May 1-15, 1996. These gifts/pledges have arrived during the final phase of UCSF's Strength to Strength fundraising campaign.

$1,000,000 or more
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Church & Dwight Company Inc.

$100,000 - $499,999
The Commonwealth Fund

$25,000 - $99,999
Alcoholic Beverage Medical Research Foundation
Broadway Cares/Equity Fights AIDS Inc.
California Foundation for Molecular Biology
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Exogen
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Peninsula Community Foundation
Gustavus & Louise Pfeiffer Research Foundation
Pharmacia Inc.
Arthur Rock

Diversity survey needs your input

The Chancellor's Steering Committee on Diversity has developed a survey that will be forwarded to a cross-section of the campus faculty, staff and students in the next few weeks. This survey will ask for your opinion, attitude, and ideas on diversity and affirmative action efforts at UCSF. If you receive this survey, the committee urges you to spend a few minutes to complete and return the survey. Responses will be used to shape the strategic plan for advancing diversity at UCSF, and serve as a baseline to measure change in the future. Your input is important and critical to the future of this process. If you have any questions, please call Michael Adams at 476-4752 or send an e-mail message to (aaeo@ucsfvm.ucsf.edu).

Awards *(from page 1)*

Bill Kerr, director of the Medical Center, left, stands with Jere E. Goyan, dean emeritus of the UCSF School of Pharmacy, who was one of six recipients awarded the UCSF Medal at the Founders Day banquet. Newsbreak featured the six recipients of the medal in its May 4 issue.

the toughest parts of the East Bay city, encouraging them to resist the lure of gangs and drugs. Through his work with various groups, Ampim has spent thousands of hours on his "mission of love and fellowship."

Jennifer Carin Danek: A third-year medical student, Danek is a mentor and advocate for youth. She has devoted many hours over the past three years as a mentor in a student-run educational program at San Francisco's juvenile detention facility. Danek also spent a year in rural villages of Nicaragua working on a family planning project designed to promote changes in medicine and social attitudes towards women's reproductive rights.

Jacqueline Peterson-Tulsky and Brian Desmond: Assistant clinical professors of family and community medicine, Peterson-Tulsky and Desmond share the honor for their extraordinary contributions to the Homeless Health Project. Since its inception in 1991 with a single evening clinic at the South of Market location, the project has grown to four clinics per week, including one for women, to serve the medical, dental, psychiatric and podiatric needs of the homeless. They have devoted their own time in countless tasks, including building exam rooms in the newest clinic. Students who work under Desmond and Peterson-Tulsky's guidance describe the experience as the "defining moments of their medical education."

Neuroscience nursing

Created in 1988, the Helen B. Ripple Award for Excellence in Neuroscience Nursing is presented by the Department of Nursing to recognize neuroscience teaching.

Elizabeth Hannegan: A clinical nurse in the Department of Neurosurgery, Hannegan is known for her professionalism, nursing expertise and good judgment. Her role as a case manager is particularly strong. She provides preadmission teaching and orientation and follows her patients during and after hospitalization. Hannegan is dedicated to providing excellent patient care while mindful of the efficient use of resources. She has taught many classes at UCSF and at national neuroscience meetings.

Distinguished nurse

This award is presented annually by the Department of Nursing to recognize excellence in nursing practice.

Judith Kletter: A clinical nurse in the Emergency Department, Kletter's interest in evaluating discharge instructions to patients has proven to be one of the most substantial contributions to improving patient care by any single individual in the department. Her finding that patients do not comply with discharge instructions they could not read or understand, has led to the use of standardized computer-generated instructions.

Yalon Memorial Award

The Jeanne M. Yalon Memorial Award, initiated in 1984, is presented in memory of the distinguished oncology nurse to recognize excellent service to oncology patients.

Pauline Cassidy: A clinical nurse in the Oncology Department, Cassidy has consistently provided expert nursing care to oncology patients on 11 Long. Physicians and nursing staff rely on her clinical judgment and the great enthusiasm she maintains. Patients request her as a care provider because of her unfailing good humor and intelligence. She is described as "poised, mature, calm, caring, warm and compassionate."

Mount Zion Pearl Award

The UCSF/Mount Zion Milton and Helen Pearl Award for Outstanding Service was established by Helen to honor her late husband, a long-time surgeon and community leader.

Ellen Padon: An LVN on 7 East at UCSF/Mount Zion, Padon has consistently provided that extra touch when dealing with patients, faculty and coworkers. She demonstrates a high level of clinical skills and professionalism and a rare capacity to care for her patients as though they are her own family. She is a team player who is never too busy to lend a helping hand to anyone. Padon's leadership and initiative are routinely demonstrated by her ability to facilitate communication between the various members of the health care team.

Distinction in teaching

Established in 1951 by the Academic Senate, this award recognizes excellence in teaching as recognized by students and colleagues from the four professional schools. A subcommittee of the Committee on Academic Personnel selects the recipient of the award.

Robert Wachter: Associate professor of medicine, Wachter has a special skill of explaining concepts with "incredible clarity and logic" and his engaging style has led others to describe him as a teacher's teacher. His colleagues and students report that he is a masterful teacher who creates a "rich dynamic learning climate which makes the educational process productive and enjoyable." He serves as a preceptor for outpatient services at both Moffitt/Long and SFGH, as a seminar leader and conference leader for residents, as a Grand Rounds speaker and thesis advisor.

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Deadline for the next issue, which will cover June 29-July 26, 1996, will be on **Tuesday, June 18, at 11 a.m.** Please send campus and Medical Center news to Lisa Cisneros, 476-3256 or lisa_cisneros@quickmail.ucsf.edu, and calendar and gazette items to Michele Firpo, 476-3257 or michele_firpo@quickmail.ucsf.edu, all at Box 0462; fax 476-3541. Last-minute copy may be taken over the telephone by calling the above telephone numbers. The University of California is an affirmative action/equal opportunity employer. UCSF fully ascribes to the Americans with Disabilities Act. If you need to view this communication in an alternate format, please contact Lisa Cisneros at 476-3256 with your suggestions.

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UCSF's key players in osteoporosis research

By REBECCA HIGBEE

UCSF physician/scientists have been key players in the osteoporosis research explosion by participating in more than 20 drug treatment trials, developing innovative techniques for imaging bone and using techniques of molecular and basic biology to understand the process of bone formation and destruction.

Some research, such as the national "Study of Osteoporotic Fractures," has already led to a number of important findings. Directed by Steven R. Cummings, professor of medicine and epidemiology and biostatistics, this study found that women at higher risk of hip fractures include women who have lost weight since young adulthood, women who have had a fracture of any kind after age 50 or those whose mothers had had a hip fracture.

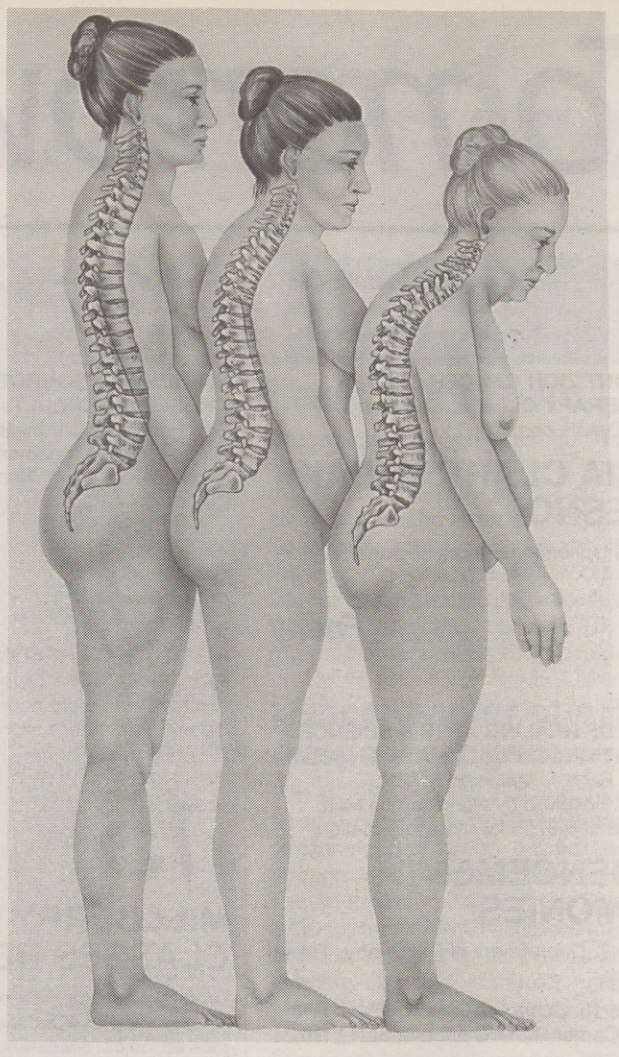
Here are some other research highlights in addition to the news reported about the drug alendronate on page 1:

• Two drugs, Raloxifene and Droloxifene, are being studied in several different trials at UCSF involving thousands of women. Like estrogen, these drugs appear to increase bone density and reduce cholesterol levels.

• UCSF is pioneering research into potassium bicarbonate, a base naturally found in fruits and vegetables. It is believed that this dietary supplement will neutralize the excess acid created in the body as a result of diets that are rich in animal foods. This acid depletes calcium in the bone and results in bone loss, potentially increasing the risk of spine and hip fractures, says senior investigator Anthony Sebastian, professor of medicine. Sebastian and his colleagues previously reported that post-menopausal women given these supplements regularly lost less calcium in the urine. That study also suggested that the patients were forming more bone and experiencing less bone loss.

• Nancy Lane, associate professor of medicine at SFGH, is studying parathyroid hormone, a naturally occurring hormone that helps control the amount of calcium in the blood. The drug was found to completely restore—and at high doses, even increase—bone in rats who had lost 50 percent of their bone density. Lane is now collaborating with Claude Arnaud, professor of medicine and physiology, in a clinical trial using the hormone in patients who have lost bone as a result of taking corticosteroids, commonly prescribed for rheumatoid arthritis, asthma and other ailments. In September, Arnaud, who also directs the Program in Osteoporosis and Bone Biology, launched a separate trial of the drug with 60 post-menopausal women. He hopes to see an increase in their bone density of between 20 and 40 percent.

• UCSF researchers pioneered the development of Quantitative Computed Tomography (QCT), an adaption of conventional CT, that is now widely used to provide highly sensitive images of the spine. Christopher Cann, professor of radiology and bioengineering, has extended QCT by using three-dimensional measurements and a mathematical model that he devised to estimate the strength of bone. This patented method can be used to predict who may be at risk for fractures and can be applied to individual patients to determine whether estrogen, another drug or no drug at all, might be the best treatment for them, Cann says. The technique is being tested in a clinical trial at UCSF.



This picture shows the progression of vertebral fractures in osteoporosis in a woman from age 40 to age 70.

• With quantitative ultrasound, doctors can estimate the risk of fracture to the hip by viewing the heel bone and other parts of the limbs, says Harry Genant, professor of radiology, medicine and orthopedic surgery. Ultrasound devices also have an advantage in that they do not expose patients to radiation, are relatively low-cost and can be portable.

• Lane at UCSF and John Kinney, at the Lawrence Livermore National Laboratory, are using a system of three-dimensional, high-resolution microscopy for imaging bones. The system is being used to examine how fractures heal and determine how drugs to treat osteoporosis affect bone structure and strength. Lane is also using it in rats to observe the changes in bone's micro-architecture with estrogen deficiency and to help determine the best time to apply estrogen to stop the structural change.

• Cann is the principal investigator of bone studies to be conducted on astronauts on the next NASA Life Sciences shuttle mission, scheduled for this month. Researchers will take blood samples to observe changes in calcium metabolism.

California kids have more cavities, study finds

By SANDY BURNETT

A statewide survey has found that California children ages 6 to 8 are far more likely to have cavities than their peers nationwide.

The "California Oral Health Needs Assessment of Children" found that 73 percent of the state's children in this age group have cavities as compared to 53 percent nationwide in a National Insitute of Dental Research survey done in 1986-87. Both figures are far from the goal of a prevalence rate of no more than 35 percent for children of this age proposed by the US Public Health Service (USPHS) in 1991 as part of a special report titled, "Healthy People 2000."

The high prevalence of tooth decay in California children is related to the state's past lack of commitment to fluoridating drinking water, says Howard Pollick, principal investigator for the California survey and a clinical professor in the Department of Dental Public Health and Hygiene of the UCSF School of Dentistry.

Until last year, California communities could choose whether to add fluoride to water, and most didn't. However, recent legislation requires the majority of California communities to fluoridate when funding becomes available.

"Only 15.7 percent of Californians have access to fluoridated water now. We're 47th out of all the states," says Pollick, who presented a preliminary summary of survey data at the International Association for Dental Research annual meeting in San Francisco. The full report is expected to be published in the fall.

The California assessment involved 6,643 children in three age groups: pre-school, elementary (K-3), and high school (grade 10). It was conducted by The Dental Health Foundation, a private nonprofit group, under contract with the Maternal and Child Health Branch of the California Department of Health Services with additional funding from The California Wellness Foundation.

The statewide assessment on 391 15-year-olds in 30 California public schools which was more comparable to the national average, Pollick says. Seventy-one percent of these teens had experienced cavities, compared to 78 percent nationwide in 1986-87. The Healthy People 2000 goal is no more than 60 percent.

The survey also found that dental health varied widely depending on the socioeconomic and ethnic status of the children. In addition, the survey looked at the number of children whose teeth are protected by dental sealants, which are typically applied to healthy teeth when a child gets his or her first permanent molars around age 6.

The use of sealants in California varied widely, Pollick notes, ranging from a high of 54.5 percent for children whose families were not poor and who lived in fluoridated urban areas, to a low of 0.6 percent for Latino children from all income groups living in rural areas.

"We believe this is consistent with the idea that you apply sealants to protect the teeth," he adds. "It's a preventive modality. I think fluoridation will help us achieve our goals for sealants." The Healthy People 2000 goal is 50 percent.

Drug *(from page 1)*

• 44 percent reduction in wrist fractures.

More than 200 million women worldwide suffer from osteoporosis, according to some experts. About 250,000 Americans each year fracture their hips as result of the disease—which causes the bones to become thin and fragile. The most expensive fractures to repair, hip fractures cost the US an estimated $10 billion a year.

The findings are from the first arm of the landmark Fracture Intervention Trial (FIT), a UCSF-coordinated study that includes 6,459 women at 11 academic sites across the nation. The first arm of FIT is known as the Vertebral Fracture Study, in which 2,027 women ages 55 to 80 with previous spinal fractures were enrolled. "The majority of women enrolled in the first arm were not aware that they had suffered a spinal fracture," Black says.

An independent panel of experts that monitored the study data recommended closing the three-year Vertebral Fracture Study last October because they felt the results were so positive. The study had been scheduled to run through June 1996.

Black also reported no differences in side effects in the 1,022 women in the alendronate group and 1,005 women in the placebo group.

"The study was extremely large, well-controlled and very rigorous," says Steven R. Cummings, UCSF professor of medicine and epidemiology and biostatistics, the principal investigator of FIT and the chair of the FIT Steering Committee, which includes representatives from the 11 academic centers that took part in the study and the UCSF coordinating center.

The second arm of FIT—the Clinical Fracture Study—is ongoing and will be completed in early 1997. That arm will study the effect of alendronate in 4,432 post-menopausal women with osteoporosis who had not suffered a spinal fracture before entering the study.

Mice lacking gene develop asthma, study finds

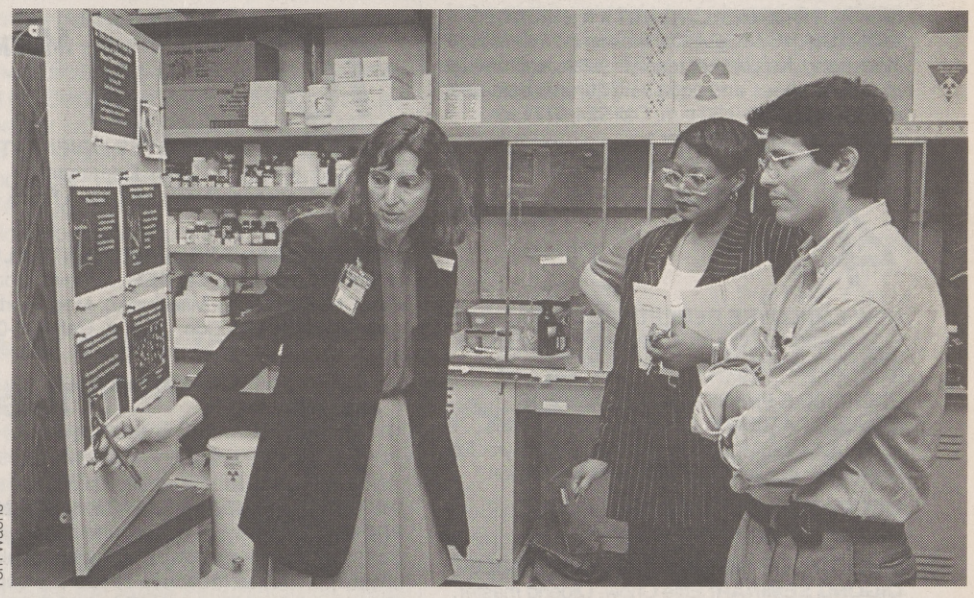
Laboratory mice lacking the gene for a protein on the surface of lung cells developed a number of the classic signs of asthma, UCSF researchers report.

The researchers created genetically altered mice lacking the gene for a single member of a family of proteins called integrins. The inactivated protein, called the alpha v/beta 6 integrin, is normally only found on epithelial cells, the cells that line body cavities such as the airways of the lungs. The mice missing this protein developed airways that were inflamed and hypersensitive, the underlying conditions that plague people with asthma, says Dean Sheppard, UCSF professor of medicine at the SFGH and chief author of the report that appears in the Journal of Cell Biology.

"We found that a cell not thought to be a principal cause of asthma can trigger most of the signs and symptoms of the disease," said Sheppard, who directs the newly expanded UCSF Lung Biology Center at SFGH. "This work opens up a new avenue of investigation and new possibilities for treatment."

Sheppard says it is possible that at least some people with asthma have an abnormal gene that produces a flawed version of the protein or does not produce it at all, although this hypothesis will need further study. His laboratory is looking at what factors turn on the gene, as it may be possible to increase gene expression as a method of treating the disease, he says.

Nearly 12.4 million Americans, including 4.2 million children, suffer from asthma, which has become increasingly prevalent in recent years, according to the American Lung Association.



Tom Wachs

Courtney Broaddus, UCSF associate professor of medicine, left, gives colleagues a tour of the UCSF Lung Biology Lab at SFGH. Broaddus focuses on how lungs are damaged by asbestos, one of the most potent toxins in the environment.

Centers *(from page 1)*

focal microscope, where cultured cells or sections of brain tissue are labeled with specific tags that can be imaged using a special laser light, a neuropharmacology lab, where blood and tissues are analyzed for chemicals involved in nerve cell interactions, and an automated DNA sequencing lab.

UCSF Lung Biology Center at SFGH expands

Researchers at the recently expanded UCSF Lung Biology Center at SFGH are working to understand lung damage and repair at the molecular level.

How and why the lungs respond the way they do to pollutants, pollens, viruses or other irritants remain much of a mystery, says Dean Sheppard, UCSF professor of medicine and director of the center.

One of a few in the US devoted solely to the study of lungs, the center has doubled its existing space to provide research space for six principal investigators studying such common problems as asthma, cystic fibrosis, lung cancer, asbestos-related lung disease and the impact of air pollutants on the lungs. Because the cells that line the lungs are similar to those in other tissues, their work could have applications to a variety of other disorders. The center added new high-tech equipment that will be used by researchers throughout the SFGH campus. The $3.5 million project, which took four years to complete, was financed in part with a highly competitive NIH grant of $1.3 million, with the rest provided by UCSF.

Today/Tomorrow

1 Saturday

SCHULTE PROFESSOR

Management of Localized Prostate Cancer in 1996. Jerome P. Richie, Surg. & Uro., Harvard, John Walter Schulte visiting professorship sponsored by Dept. Urology. HSW 300. 10:25 a.m.

LOW VISION FORUM: Roland Jung, optometrist, will discuss low vision devices used to measure distortion. Meets first Saturday of each month in the Ambulatory Care Center lobby. 11 a.m.-1 p.m. Information: 626-5313.*

2 Sunday

OSTWALD MEMORIAL

Memorial gathering for family and friends of Peter Ostwald (see In Memoriam on page 2). Forest Hill Club House, 381 Magillan Avenue, San Francisco. 3-6 p.m.

3 Monday

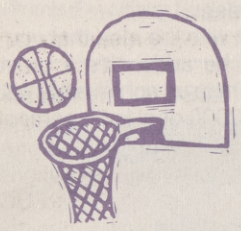
CAP & GOWN RENTAL

The Millberry Union Bookstore rents graduation regalia. 9 a.m.-6 p.m. Information: 476-8719 or 476-6336.

- School of Dentistry: Mon., June 3-Fri., June 14. Paid for by department.
- School of Pharmacy: Mon., June 3-Fri., June 14. Paid for by department.

BETTER VISION NOW: John Stanley, Oph., explains new surgery options for the correction of nearsightedness and astigmatism. Beckman Vision Center, 8 Kirkman. 6 p.m. Information: 476-5021.*

INTRAMURAL SIGN-UPS



Join Intramural sports this summer for softball, 3 on 3 basketball, towerball and volleyball. All experience levels welcome. Teams not necessary to participate. Sign-ups: June 3-26. Information: 476-0356.*

INSTITUTE OF HEALING ARTS & SCIENCES WORKSHOP: *Mindfulness Meditation for Health & Well-Being.* Ken Farber teaches basic approaches to reduce stress and cope with chronic pain and illness. $25. 6:30-9:30 p.m. Call 924-0771 for location and to pre-register.*

4 Tuesday

NEW EMPLOYEE BENEFTIS ORIENTATION: S 214. 8:30-10:30 a.m. Call Lenard Florendo at 476-1073 to schedule.

EXERCISE & PHYSIOLOGY CLASS FOR CANCER PATIENTS: Offered today and Tues., June 18. UCSF/Mount Zion Cardiac Care Gym. Pre-registration required. Call 885-3693 for location.*

MEDITATION CLASSES: (See item in Upcoming Events on page 5.)*

INSTITUTE OF HEALING ARTS & SCIENCES QIGONG SEMINAR: Effie Chow, Qigong master, explains how to cultivate Qi, the breath and healing life force. $6/students & seniors/$23 general. HSW 302. 6-8 p.m. Information: 788-2227.*

5 Wednesday

BROWN BAG LECTURE SERIES: *Creating Great Chemistry.* Patricia Haddock, Haddock Communications, explains how to establish rapport, eliminate misunderstandings, improve relationships and increase productivity. Sponsored by Public Service Programs. HSW 300. Noon-1 p.m. Information: 476-4394.*

INCONTINENCE: THE HIDDEN EPIDEMIC

Janis Luft, Women's Continence Center, explains the latest treatments for this common disorder that affects 40 percent of women over the age of 65. Herbst Hall, UCSF/Mount Zion. 6 p.m. Information: 885-3890.*

6 Thursday

UCSF/MOUNT ZION CANCER CENTER DANCE THERAPY CLASS: (See item in Upcoming Events on page 5.)

MARCIA CLARK SPEAKS IN FRESNO

(See item in Upcoming Events on page 5.)*

7 Friday

INSTITUTE OF HEALING ARTS & SCIENCES PRESENTATION: *Chinese Medicine — A Path to Wholeness.* Scott T. Maloney. N 721. Noon-1 p.m. Followed by workshop on Mon., June 10. Call 596-8755 for more information.*

COMMENCEMENT CEREMONIES

- Fri., June 7: Department of Psychiatry. Toland Hall. 1 p.m.
- Sat., June 15: School of Dentistry. Nob Hill Masonic Center, 1111 California St. 11 a.m.
- Sat., June 15: School of Pharmacy. Nob Hill Masonic Center, 1111 California St. 4 p.m.

GREAT EXPECTATIONS PROGRAMS FOR WOMEN'S HEALTH CLASS: *Childbirth Preparation: Birth Alternatives.* Class meets for five weeks. $115 with 35% discount for women having a baby at UCSF. 7-8 p.m. Call 476-6667 for registration and location.*

8 Saturday

BREAST HEALTH FOR OLDER WOMEN: (See item in Upcoming Events on page 5.)*

9 Sunday

WOMEN'S RESOURCE CENTER WORKSHOP: *Know Your Garden: Our Medicine, Our Food.* Storyteller ChoQosh Auh-ho-oh gives a walking exploration of sacred plant life. $20. Meet at Women's Resource Center, 100 Medical Center Way.10 a.m.-5 p.m. Information: 476-5222.*

10 Monday

HOSPITAL NEW EMPLOYEE ORIENTATION: LPPI Aud. 8:30 a.m.-1 p.m. Department personnel representatives call John Frank at 476-3001 to schedule.

UCSF MEDICAL GROUP/SENIORITY PLUS SENIOR LECTURE SERIES: *Keeping Your Heart Healthy.* Gary Milechman, Med. Herbst Hall, UCSF/Mount Zion. 10 a.m. Call 476-0373.*

11 Tuesday

INSTITUTE OF HEALING ARTS & SCIENCES PRESENTATION: *Introduction to Mindfulness-Based Stress Reduction.* Ken Farber explains basic approaches to reduce stress and cope with chronic pain and illness. N 721. 6:30-8:30 p.m. Information: 441-3731.*

12 Wednesday

EMPACT! 8TH ANNUAL RAFFLE DRAWING

Win a Macintosh Performa 6214 CD, plus over 100 other prizes. Tickets are $1 apiece or $5 for six. All proceeds go toward employee programs and services. Saunders Court. 11 a.m.-2 p.m. Information: 476-2675.*

BROWN BAG LECTURE SERIES: *Eating Healthy: Anytime, Anywhere.* Timi Gustafson, Nutr. Sponsored by Public Service Programs. HSW 300. Noon-1 p.m. Call 476-4394.*

STRESS MANAGEMENT: (See item in Fun Zone on page 6.)*

13 Thursday

WOMEN'S RESOURCE CENTER PRESENTATION: *A Taste of Tropical India.* San Francisco Chronicle food writer Laxmi Hiremath gives a demonstration on Indian vegetarian cooking. Noon-1 p.m. Toland Hall.*

14 Friday

INSTITUTE OF HEALING ARTS & SCIENCES PRESENTATION: *Ginseng Mania.* Richard Kim explains the health benefits of ginseng. N 721. Noon-1 p.m. Information: 330-5353.*

15 Saturday

MILLBERRY SUMMER CLASSES BEGIN

Drop by Millberry Fitness Center to sign up for classes on mask-making, drawing and painting, plus aerobics, swimming, Summer Day Camps and much more. Millberry Fitness Desk. 7 a.m.-7 p.m. Information: 476-1115.*

SOOY LECTURE

Assessment of Outcome in Head and Neck Cancer. Ernest Weymuller Jr., Oto., U Washington. Followed by case presentations by chief residents. Francis A. Sooy Lectureship sponsored by Dept. Otolaryngology. Toland Hall. 9 a.m-noon.

WOMEN'S RESOURCE CENTER WORKSHOP: *Investing Basics.* Certified financial planner Leona Lau explains how to master the basics of personal money management. $40. C130. 10 a.m.-1:30 p.m. Information: 476-5222.*

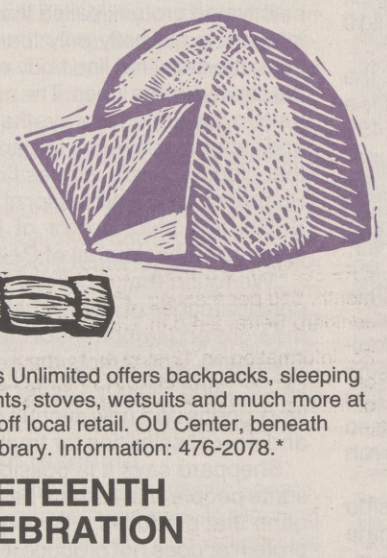
SELF-DEFENSE CLASSES FOR WOMEN

Nina Haft, self-defense teacher and rape crisis counselor, teaches street-wise personal safety, defense and escape methods. Sponsored by Rape Prevention Educ. Prog. Millberry Fitness Center, Studio 2. Pre-registration & information: 476-5222.*

- Sat., June 15: Beginners. $65. 10:30 a.m.-5:30 p.m.
- Sat., June 29: Level II. $50. 1:30 p.m.-5:30 p.m.

17 Monday

OU EQUIPMENT SALE JUNE 17-24



Outdoors Unlimited offers backpacks, sleeping bags, tents, stoves, wetsuits and much more at 40-60% off local retail. OU Center, beneath UCSF Library. Information: 476-2078.*

JUNETEENTH CELEBRATION

UCSF Gospel Choir performs for the traditional celebration of the news about slavery ending finally reaching the last slaves. Sponsored by Millberry Arts & Performances. Noon-1 p.m. Information: 476-6761.*

- Mon., June 17: Oyster Point.
- Wed., June 19: Laurel Heights Cafeteria.
- Fri., June 21: MCB.

BETTER VISION NOW: Douglas Holsclaw, Oph., explains new surgery options for the correction of nearsightedness and astigmatism. Beckman Vision Center, 8 Kirkman. 6 p.m. Call 476-5021.*

SIGN LANGUAGE CLASSES

(See item in Upcoming Events on page 5.)*

18 Tuesday

NEW EMPLOYEE BENEFTIS ORIENTATION: S 214. 8:30-10:30 a.m. Call Lenard Florendo at 476-1073 to schedule.

BROWN BAG LECTURE SERIES: *Innovative Treatments for Osteoporosis.* Steven T. Harris, Med. & Rad. Sponsored by Public Service Programs. Herbst Hall, UCSF/Mount Zion. Noon-1 p.m. Information: 476-4394.*

19 Wednesday

BROWN BAG LECTURE SERIES: *Colon Cancer: What You Don't Know Might Kill You.* Thierry M. Jahan, Med. Sponsored by Public Service Programs. HSW 300, Noon-1 p.m. Call 476-4394.*

MULTICULTURAL ISSUES & DEAF PATIENTS

(See item in Upcoming Events on page 5.)*

GREAT EXPECTATIONS PROGRAMS FOR WOMEN'S HEALTH FILM SERIES: *Childbirth: An Introduction.* Video presentation and discussion about resources for childbearing. A 326. 7-8 p.m. Call 476-6667.*

20 Thursday

BROWN BAG LECTURE SERIES: *The World From a Dog's Viewpoint.* Loretta Maddux, safety programs instructor, SPCA. Sponsored by Public Service Programs. Room 125, MCB. Noon-1 p.m. Call 476-4394.*

AIDS RESEARCH SEMINAR

AIDS Dementia Complex: Neuropathogenesis and Therapeutic Targets. Lennart Mucke and Richard Price, Neuro. Sponsored by Center for AIDS Research & AIDS Clinical Research Center. 3:30-5 p.m. Gladstone Inst. of Virology and Immunology Library Conf. Room, 5th floor, SFGH. Information: 476-4082, x84245.*

21 Friday

INSTITUTE OF HEALING ARTS & SCIENCES PRESENTATION: *Change Your Handwriting, Change Your Life.* Vimala Rodgers, author. N 721. Noon-1 p.m. Followed by workshop on Mon., June 24. Call 813-9400 for information.*

25 Tuesday

GAY PRIDE EVENT

"Coming Out, Coming Home." (See item in Upcoming Events on page 5.)*

26 Wednesday

BROWN BAG LECTURE SERIES: *Safe Sports.* James Glick, Ortho. Surg., explains how to protect yourself from athletic injuries. Sponsored by Public Service Programs. HSW 300. Noon-1 p.m. Call 476-4394.*

27 Thursday

TAY-SACHS SCREENING: For pregnant couples. Sponsored by the Reproductive Genetics Clinic. Part of the California Tay-Sachs Disease Prev. Prog. Suite 810, 350 Parnassus. Opens 9 a.m. Call 476-4080 for an appointment and information.*

28 Friday

INSTITUTE OF HEALING ARTS & SCIENCES PRESENTATION: *Headaches and Migraines as Your Guide.* Jan Mundo introduces headache/migraine relief and prevention using the pain as a guide. N 721. Noon-1 p.m. Information: 330-5353. Followed by workshops on Mon., July 15, 22, 29 and Aug. 5.*

June 1-28, 1996

REGULAR MEETINGS & ONGOING SUPPORT

SUNDAYS

HEALING GARDEN WORKING DAYS: Second & fourth Sun. of month. UCSF/Mount Zion Cancer Center Healing Garden, 2356 Sutter. Call 885-3693.*

MONDAYS

DROP-IN SUPPORT GROUP FOR WOMEN LIVING WITH HIV/AIDS: Free child care and beverages provided. A 45. 11 a.m.-1 p.m. Call 476-2417 or 476-7795.*

HEALTH PROFESSIONALS IN RECOVERY: For physicians, nurses, dentists, pharmacists, PhDs and others. Anonymous, 12-step emphasis. Meets twice a month. Noon. Call 476-8279.

UCSF STAFF COUNCIL MEETING: Second Mon. of month. Noon-2 p.m. Call 476-5756.

FRIENDS OF LOIS AL-ANON MEETING: Closed meeting: for friends & families of alcoholics only. Rm 521, MCB. Noon. Call 626-5633.*

COLORECTAL CANCER SUPPORT GROUP: Second and fourth Mon. of month. Room 114, UCSF/Mount Zion Cancer Center, 2356 Sutter. 6:30 p.m. Call 885-3693.*

MELANOMA SUPPORT GROUPS: For patients & family members. Meets monthly on a Monday. Room 114, UCSF/Mount Zion Cancer Center, 2356 Sutter. 6:30-8:30 p.m.*

AIDS HEALTH PROJECT MEDITATION & SELF-HYPNOSIS WORKSHOP: Weekly discussion group for anyone dealing with HIV or AIDS in themselves or others. Gazebo Rm., Davies Med. Cntr. 7-9 p.m. Call 476-3902.*

TUESDAYS

SFGH CIRCLE OF SISTERS: Networking forum for black women working & studying at UCSF/SFGH. Meets monthly. Call 476-5222.

MULTIPLE HELPERS OUTREACH NETWORK SUPPORT GROUP: For victims & survivors of violent trauma. Ages 15 & over. A 222, LPPI. 10 a.m.-noon. Help-line at 759-7923 provided daily, 7 a.m.-10 p.m.*

CAMPUS AMNESTY INTERNATIONAL MEETING: First Tues. of the month. MU 111W. Noon-1 p.m. Call 566-8406.*

UCSF GOSPEL CHOIR REHEARSAL: Weekly at MCB. Noon. Call 476-6761.*

PARKINSON'S DISEASE EDUCATION & SUPPORT GROUP: For people with Parkinson's & their caregivers. Third Tues. of month. Christ Church, Lutheran, 1090 Quintara (at 20th Ave.). 2-4 p.m. Call 476-9276.*

NURSES' PAIN ASSOCIATION MEETING. Second Tues. of month. C 254. 5:30-7:30 p.m.*

BRAIN TUMOR SUPPORT GROUP: First Tues. of month. C 130. 7:30-9 p.m. Call 284-0208.*

WEDNESDAYS

GAY, LESBIAN, BISEXUAL ASSOCIATION AT UCSF MEETING: Second Wed. of month. Members of the Chancellor's Committee on Gay, Lesbian & Bisexual Issues attend. Call 282-9650.

SUPPORT GROUP FOR FAMILY/FRIENDS OF THOSE WITH MENTAL ILLNESS: For those interested in psychiatric disorders & treatments. Call Laura Deering-Mayclin at 476-7394.*

LATIN AMERICAN CAMPUS ASSOCIATION MEETING: Second Wed. of month. HSW 508. Noon. Call Lucia DeLeon at 476-2010.

LATIN WOMEN COALITION: For Latina faculty, staff & students. Noon-1 p.m. Call 476-7117.*

PARNASSUS AL-ANON MEETING: For friends & families of alcoholics. Observers welcome. C 417. Noon-1 p.m. Call 626-5633.*

TAI CHI CLASSES. Staff welcome. UCSF/Mount Zion Cancer Cntr. Healing Garden, 2356 Sutter. Noon. 885-3693.*

ALCOHOLICS ANONYMOUS MEETING: Closed meeting: alcoholics only. Conf. Rm. 3, 1st fl., MCB. 12:05 p.m. Call 621-1326.*

MULTIPLE HELPERS OUTREACH NETWORK SUPPORT GROUP: For victims & survivors of violent trauma. Ages 15 & over. Two locations & times: A 222, LPPI, 1-3 p.m., and N 517, 7-10 p.m. Help-line also provided daily, 7 a.m.-10 p.m. at 759-7923.*

TRAUMA/INJURY SUPPORT GROUP: Twice a month on Wed. SFGH Library, Bldg.30, Room 3101. 2:30-4 p.m. Call Laurie Barkin at 206-8402 or Dr. Yigal Ben-Haim at 753-1000.

BREAST CANCER SUPPORT GROUP: J 223, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 6:30 p.m. Call 885-3693.*

SAN FRANCISCO CITY CHORUS REHEARSAL: 7 p.m. Call 765-SONG for locations and audition information.*

EATING DISORDERS SUPPORT GROUP: Open to anyone dealing with an eating disorder in themselves or others. M 688. 7-8:30 p.m. Call 332-3425.*

CO-DEPENDENTS ANONYMOUS MEETING: 12-step program for people who have dysfunctional relationships. LPPI A119. 8-9:30 p.m. Call 432-3529.*

THURSDAYS

AWAKE MEETING: AWAKE (alert, well and keeping energetic) is a support and education group for people with sleep apnea and their families. Third Thurs. of month. Bring CPAP equipment for check-up. Call 885-7886.*

UCSF GOSPEL CHOIR REHEARSAL: Weekly rehearsals at Parnassus. Noon. Call 476-6761.*

HEAD & NECK CANCER SURGERY SUPPORT GROUPS: Separate groups for patients and patients' families meet simultaneously on the second and fourth Thurs. of each month. J 221, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 1-2 p.m. Call 885-7623.*

PARNASSUS PLAYERS: UCSF's theater group meets regularly. Call 476-6761 or 476-9012 (day) or 821-5701 (evening).*

ASSOCIATION OF CLINICAL RESEARCH NURSES MEETING: Meets every other month, alternating between UCSF & Stanford. 5:45-7:30 p.m. Call 476-0683.*

SUPPORT GROUP FOR WOMEN LIVING WITH LIFE-ALTERING ILLNESS: Alternate Thurs. 6-8 p.m. Call 775-2854 to pre-register.*

FRIDAYS

CIRCLE OF SISTERS: Networking forum for black women working & studying at UCSF. Second & third Fri. of month. Noon-1 p.m. Call 502-5666.

WEIGHT WATCHERS MEETING: S 159. Noon-12:45. Call 476-5193.*

ALCOHOLICS ANONYMOUS MEETING: Closed meeting: alcoholics only. C 417. 12:10-1 p.m. Call 621-1326.*

LAKESIDE SENIOR MEDICAL CENTER CAREGIVER SUPPORT GROUP: First Fri. of month. $10 per meeting. 2501 Ocean Ave. at Junipero Serra. 2-4 p.m. Call 986-2305.*

For information on 12-step and support groups call the Bay Area Self-Help Center at 882-6235 or the Mental Health Association of San Francisco at 882-6230.*

THE NEXT DEADLINE

Tuesday, June 18, 1996 is the deadline for items to be listed in the next calendar, which covers **June 29-July 26, 1996** (four weeks). Complete information must be received in our office in writing by 11 a.m. on that Tuesday. Send information for calendar items to Michele Firpo at (michele_firpo@quickmail.ucsf.edu), mail it to Box 0462, send a fax to 476-3541, bring it to UCSF/Laurel Heights, 3333 California St., Suite 103 or call 476-3257. To submit an article for Newsbreak/Medsounds e-mail Lisa Cisneros at (lisa_cisneros@quickmail.ucsf.edu), fax her at 476-3541 or call 476-3256.

BREAST CANCER SCREENING SCHEDULE

Women can have low-cost mammograms — X-rays to screen for breast cancer — from a mobile van that travels to convenient locations in the Bay Area.

Women need the approval of their physician to have the mammogram, in addition to their doctor's full name, address (including room number & zip code) and phone number to assure that results are mailed promptly. The procedure takes approximately 20 minutes and costs $65. To make an appointment call 476-2193 between 9 a.m. and 3 p.m.*

Listed below are dates when the van will be at UCSF locations. Call 476-2193 for a full schedule.

- Fri., June 28: UCSF/Parnassus at Medical Center Way.

***Open to the public**

Upcoming Events

Learn to meditate

Free meditation classes conducted by Brahma Kumaris Mediation Center of San Francisco in conjunction with the UCSF Institute of Healing Arts and Sciences will be offered on Tuesdays, June 4, 11, 18 and 25. Classes meet from noon to 1 p.m. in room C 417, 521 Parnassus. A second series of classes will be held on Tuesdays, July 2, 9, 16, 23 and 30. Information and registration: 563-4459.

Cancer center offers support programs

The UCSF/Mount Zion Cancer Center offers several ongoing support programs. A breast cancer support group will continue meeting through June every Wednesday from 6:30 to 8 p.m. in the room J-223 of the Cancer Center, 2356 Sutter St. Tai Chi classes meet Wednesdays from noon to 1 p.m. in the Center's Healing Garden. Dance therapy for cancer patients meets on Thursdays, June 6, 13 and 20, from 10:30 a.m. to noon, at the Mount Zion cardiac care gymnasium. Information: 885-3693. (See Regular Meetings and Ongoing Support Groups section to left for more information.)

Marcia Clark to speak at Fresno symposium

Medicine and the law, with emphasis on the role professionals in each area have in domestic violence and in managed health care, will be the topic of a symposium sponsored by the UCSF-Fresno Medical Education Program on Thursday, June 6 at the Centre Plaza Holiday Inn, 2233 Ventura St. in Fresno.

Trial lawyer Marcia Clark will speak on "Gender and Justice" at a 7 p.m. fund-raiser dinner to benefit the UCSF-Fresno Foundation. Reservations must be made by calling (209) 265-3551.

Daytime programs include "Professional Responsibility in a Managed Care Setting" at 11:30 a.m. with Catherine Hanson, vice president and general counsel for the California Medical Association; Robert Shakman, vice president and medical director of Blue Cross of California, Public Benefit Programs; Donald Fischbach, immediate past president of the California Bar Association; and Larry Coble, physician-in-chief at Kaiser Permanente in Fresno. Nancy Lemon, author and law professor at UC Berkeley's Boalt Hall School of Law, will be the keynote speaker at a 12:45 p.m. panel discussion, "Domestic Violence-Medical and Legal Professions: What You Do Makes a Difference." The symposium meets the criteria for two credit hours of continuing education by both the State Bar of Califonia and the CMA.

Breast health for older women

On Saturday, June 8 the UCSF/Mount Zion Center on Aging will sponsor a free half-day workshop, "Breast Health for Older Women," at the Laurel Heights Conference Center. The program, which begins at 8:30 a.m., will feature clinical experts in breast diseases who will present the latest information on breast cancer including diagnosis, treatment, research and hormone replacement therapy. Information and registration: 750-5342.

Mount Zion Auxiliary hosts evening of Latin entertainment

The UCSF/Mount Zion Auxiliary presents an evening of Latin music and entertainment on Saturday, June 15, in the Venetian Room at the Fairmont Hotel.

The special event features the music of Juan Escovido and floor show of Latin dancers with a performance by Alex DaSilva, "The Mambo King." A reception begins at 7 p.m. with the dinner and show beginning at 8 p.m.

Proceeds will benefit the Resource Center at the UCSF/Mount Zion Cancer, which provides cancer patients and their families refuge, information and support. Call the Auxiliary at 885-7354 for reservations and information.

Sign language classes

Beginning and intermediate courses in American sign language will be offered during the summer term of the UCSF Center on Deafness' Institute on Mental Health and Rehabilitation. Classes, which will meet on the Parnassus campus from 4 to 5:30 p.m. and begin Monday and Tuesday, June 17 and 18, respectively, will emphasize conversational skills for mental health and medical providers. Information: 723-7694 voice/TTY.

Talk, video on coming out

In celebration of Gay Pride Week, the UCSF Women's Resource Center will present a video/discussion on homosexuality and transgenderism with speaker Trinity Ordona, co-coordinator of the Asian and Pacific Islander-PFLAG (Parents, families and friends of lesbians and gays) Family Project and manager of the department of biopharmaceutical sciences. The video makes an effort to break the isolation of Asian Pacific Islander families with lesbian, bisexual, gay and transgender children and help communication within the family. The free program will be held on Tuesday, June 25, from noon to 1 p.m., in Toland Hall. Information: 476-5222. For information on other Gay Pride events, call Marylin Dodd at 476-4320.

UC computer conference

The 15th annual University of California Computing Services Conference will be hosted by UCSF Wednesday, July 31 through Friday, August 2 at the Marines' Memorial Hotel, 609 Sutter Street, in San Francisco.

The conference is an opportunity for UC computing professionals — support, consulting services, lab management, academic, administrative or Web development — to meet counterparts from other campuses and participate in open discussions, demonstrations and seminars specifically of interest to UC computing staff. Reservations are due by Friday, June 14. If you would like to present a topic at the conference or suggest a presentation by someone else, please e-mail request by June 14 to joed@itsa.ucsf. edu. Information: 476-4440.

Racing team takes on corporate challenge

The UCSF racing team will compete in the 1996 Chase Corporate Challenge, a 3.5 mile road race, on Wednesday, August 7 at 7 p.m. The race will begin at Justin Herman Plaza at the Embarcadero in San Francisco. Anyone interested in competing should contact Jimmy Choy at 476-5506.

Center on Deafness to sponsor symposium on multicultural issues

The UCSF Center of Deafness' Institute on Mental Health and Rehabilitation, in conjunction with other Bay Area organizations, will sponsor a two-day conference, "Tapestries in Progress: Multicultural Issues in Treatment of Deaf and Hard-of-Hearing Clients" at the Hotel Sofitel in Redwood City, Friday and Saturday, July 19 and 20.

Highlights of the program will include case presentations by experienced clinicians, keynote addresses by notable practitioners and researchers, a roundtable luncheon discussion and ample opportunity to meet with other mental health providers nationwide at a catered evening reception. Sign language interpreters will be provided and assistive listening devices will be available upon request. Information: (510) 659-6268 voice/TTY.

Facilities management gives UCSF construction update

Construction at UCSF continues through the summer with major projects under way on the Parnassus campus and other sites, reports Georgianne Meade, manager of the major projects division of Facilities Management.

One of the projects slated to begin in June is extensive refurbishing of the 1950s-style lecture halls in Health Sciences West. Specifically, HSW 300, 302 and 303 will be remodeled with new seating, painting, lighting, carpeting and audio-visual facilities. The rooms will be closed beginning Tuesday, June 25, through Monday, Sept. 2. Campus groups can resume reserving the rooms on Sept. 3. (Please see adjacent note about changes in the Brown Bag program.) Also in HSW, construction continues on 12th floor pharmacology laboratories with completion scheduled for March.

Brown Bag lectures to change location

Beginning Wednesday, July 3, the Brown Bag lectures series will be held in a new location in the School of Nursing, room N 225. Lectures are open to the public.

To commemorate the 20th anniversary of the program, Lonnie Bristow, an internist who became president of the American Medical Association last June, will give a 40-minute talk titled, "Patience, Patients: There is a Doctor in the House" at noon.

Please see the next issue of Newsbreak for a story highlighting this upcoming lecture on July 10.

Campus-wide projects: Installation of a new fire alarm and life safety system in buildings and facilities throughout the Parnassus campus is expected to be completed by April.

Central Utilities Plant: Demolition of the laundry storehouse is complete and foundation work has begun on the construction of the new central utilities plant to replace the old one. Structural steel erection is scheduled to begin in June with an anticipated fall 1997 completion. When the plant begins operation, the campus will realize a substantial savings in its utilities bill, since the purchased natural gas will cogenerate all the steam the campus needs plus about 12 megawatts of electricity, enough for the campus now and about half of the projected load anticipated in 2025.

Health Sciences East: Renovation and cosmetic upgrade of the transplantation research laboratory, HSE 520, is expected to be completed by August. Reshoring restabilization of the Hooper Foundation will begin in July with anticipated completion in September, and 60 percent of the 13th floor will be remodeled into laboratories. This will require work in 12th floor ceilings and adjacent space on the 13th floor, with expected completion in December.

Health Sciences Instruction and Research: Construction will begin this summer to replace exterior doors and install code-required doors and fire and life safety improvements in both towers at all levels with completion scheduled for December 1997.

Hunters Point: The installation of new autoclave, storage modules and associated remodeling is expected to be completed this June. New flooring, doors and wall finishes in Building 830 will be installed by January 1997.

Medical Sciences Building: Remodeling of rooms S 661, 665 and 701 continues with completion scheduled for September. Room 763 will be remodeled into new labs for the department of physiology with expected completion in December. The 10th and 11th floors will undergo renovation of lab and computer space for biochemistry, with expected completion in October.

Millberry Union: Commercial space renovation on "J" level is scheduled for completion in October. Space is also being remodeled for Student Health Services and other units in rooms on "H" level with completion expected by January 1997.

Mission Center Building: Improvements to the first-floor lobby area, including a new food service area, guard desk and painting, are scheduled to begin in the fall. Improvements to the second-floor animal facility, installation of a new autoclave in room 219, creation of a new dressing room in room 211, and reconstruction of the walls in room 205 are under way with completion scheduled for September.

Moffitt Hospital: The north side of the ninth floor's west wing and corridor is being remodeled into office suites. The relocation and addition of plumbing will require some work on the 8th floor ceiling, with completion planned for August.

Mount Zion: Construction continues on a new four-story research laboratory building with interior rough-in work now in progress. The building, to house research on various types of cancer, is expected to be completed this winter.

SFGH: Facility expansion and renovation of Ward 17 Renal Center, Building 100, room 359, is scheduled to begin in August with completion scheduled for January 1997. Former hospital space on the west side of the second floor of Building 1 will be remodeled into lab and office space for the department of surgery, slated for completion in December.

UC Hall: Construction of the Benet Lab continues in UCH 64-67, targeted for completion in August.

Facilities Management regularly distributes news about current and upcoming major construction projects to campus administrators. The next update is slated for August.

New biotech funding available for UC research

A new initiative to expand research partnerships between UC and private industry is now being launched by UC's Office of the President.

About $2.5 million in funds are available to launch the Biotechnology STAR or Strategic Targets for Alliances in Research Projects, a matching grant program designed to help foster new biotechnology research and industry collaborations. UC will seek additional state funds to build from this starting base for coming years.

The deadline for submission for the first round of proposals is Thursday, Aug. 15, 1996. Projects awarded in this round will have an anticipated funding start date of Jan. 1, 1997.

For interested UCSF investigators, more information and application forms are currently available from the UCSF Contracts and Grants Office by calling 476-8152. Additional information is available through the UC Systemwide Biotechnology Research and Education Program: Director, Susanne Huttner, at (510) 643-1450.

Elect members to UCRS Board in June

Active UC Retirement Plan (UCRP) members who are eligible to vote have a choice of nine candidates to elect to the UC Retirement System (UCRS) Board, which advises the President of the University on the administration of the University's retirement system.

Once again, this year's UCRS Board election will be conducted in June by telephone. Votes will be cast and tabulated by means of an automated telephone system.

Each of the nine candidates, who were nominated by petition of at least 50 active non-Academic Senate UCRP members, are: Renee Smith Boone, UCOP; John R. Bruhl, LLNL; Patricia E. Erickson, LLNL; Carl D. Henning, LLNL; Edna L. Joe, UCLA; Alice J. Kubler, UCB; Mark C. Linvingston, UCB; James P. Seward, LLNL; and Kathleen R. Stanley, UCI.

Election materials, including candidate statements and instructions for voting by telephone, will be mailed at the end of May. Any eligible UCRP member who has not received these election materials by June 10 should call UC Benefits Customer Service at 1-800-888-8267, extension 70651.

Put youth to work this summer

The Chancellor's Summer Youth Employment Program is scheduled for Monday, June 24 through Friday, August 9. Students from local schools will be available for 20 hours per week and earn $4.25 an hour at no cost to the UCSF department.

As in previous years, afternoon jobs are especially needed as many of the students are attending summer school in the morning and are only availabe in the afternoon. For more information on the program or to sign up a student to work in your department, call Bob Rojas of Human Resoures at 476-5358.

Fun Zone

Michele Firpo

Their mothers wouldn't recognize them

Malinda Walker, right, and Kaya Balke wrestle each other Sumo-style as part of the Asian Pacific American Celebration at Mission Center on May 17. Walker and Balke, both assistants in laboratory medicine, donned padded Sumo suits and "topknot" headgear and went three rounds, trying to drag, shove and swing each other out of the ring or onto the floor. Balke ended up victorious.

Millberry offers summertime stress-reduction methods

Those who can't wait for their vacation to unwind, can take advantage of the multitude of methods Millberry Fitness Center offers to reduce stress. For more information on any of these classes, call 476-1115.

• **Self-hypnosis**: Overcome anxiety by learning powerful self-hypnosis techniques for overcoming panic, anxiety and fears. For the one-day workshop on Saturday, June 1, from 10 a.m. to 2 p.m., fees are $24 for UCSF students and Millberry members; $29 for employees and $34 for the public.

• **Stress management**: Busy people will learn how to manage stress at this three-hour workshop on Wednesday, June 12, from 6:30 to 9:30 p.m. The workshop is free to UCSF/SFMG Health Net members; fees are $19/$24/$29 for others as listed in the categories above.

• **Tai Chi**: Take a break and rejuvenate your body with Tai'Chi. A new class for beginners starts Monday, June 17, from noon to 1 p.m.

• **Couples massage**: Learn the power of touch and treat your partner to a relaxing experience by taking part in massage class on Sunday, June 23, from 10 a.m. to 2 p.m. Register with a partner at least 48 hours in advance. Class fees are $34/$39/$44.

Lecture *(from page 8)*

AIDS virus.

"What we're really after in drug design is not just 'blocking up' an active sight," Kuntz said. "We're doing it selectively, 'fingerprinting' molecules so that we can search for and discard them very, very rapidly. In a few seconds, DOCK can try thousands of orientations of any given molecule, enabling researchers to identify compounds that may be effective."

The "Nikes" Kuntz mentioned refer to guided missiles, aimed at molecular targets important in disease. With researchers from the laboratory of Charles Craik, associate professor of pharmaceutical chemistry, Kuntz group members designed a modified version of the HIV-1 protease monomer, a target enzyme which the AIDS virus imports into the infected cell and is required for viral maturation. "Many experiments have shown that if you can knock out the protease you can defeat the virus," he explained. In order for the protease to become active and the AIDS virus to reproduce, two molecules of the protease, or monomers, must join to form a tightly associated pair called a dimer.

The Kuntz and Craik groups created a modified monomer which does not bind to itself but associates very tightly with the monomer produced by the virus. When bound to the modified monomer, the monomer produced by the virus can no longer be involved in infection.

Several compounds currently marketed by pharmaceutical companies have the protease as their ultimate target. Kuntz also described docking to DNA-based targets.

In the "topsiders" portion of his talk, Kuntz described attempts to find inhibitors for an influenza protein called hemagglutinin, which must change shape in order for the virus to infect new cells. Using DOCK, the Kuntz group and collaborators have found compounds which interfere with the change. Members of the Kuntz group now are experimenting with new robotic methods of synthesis that make it possible for drug researchers to make and test many more potential drugs than was previously possible. Structure-based design methods should enable them to make intelligent choices from the vast pool of potential molecules.

"We have a lot of projects going on," Kuntz said, stating that the Molecular Design Institute now has a Web page (http://mdi.ucsf.edu) so that people worldwide can be updated on the current status of its research.

What is structure-based drug design?

Structure-based drug design uses the three-dimensional structure of a therapeutic target to speed the discovery and refinement of lead compounds.

Drugs developed from these principles are now beginning to be marketed by major pharmaceutical companies.

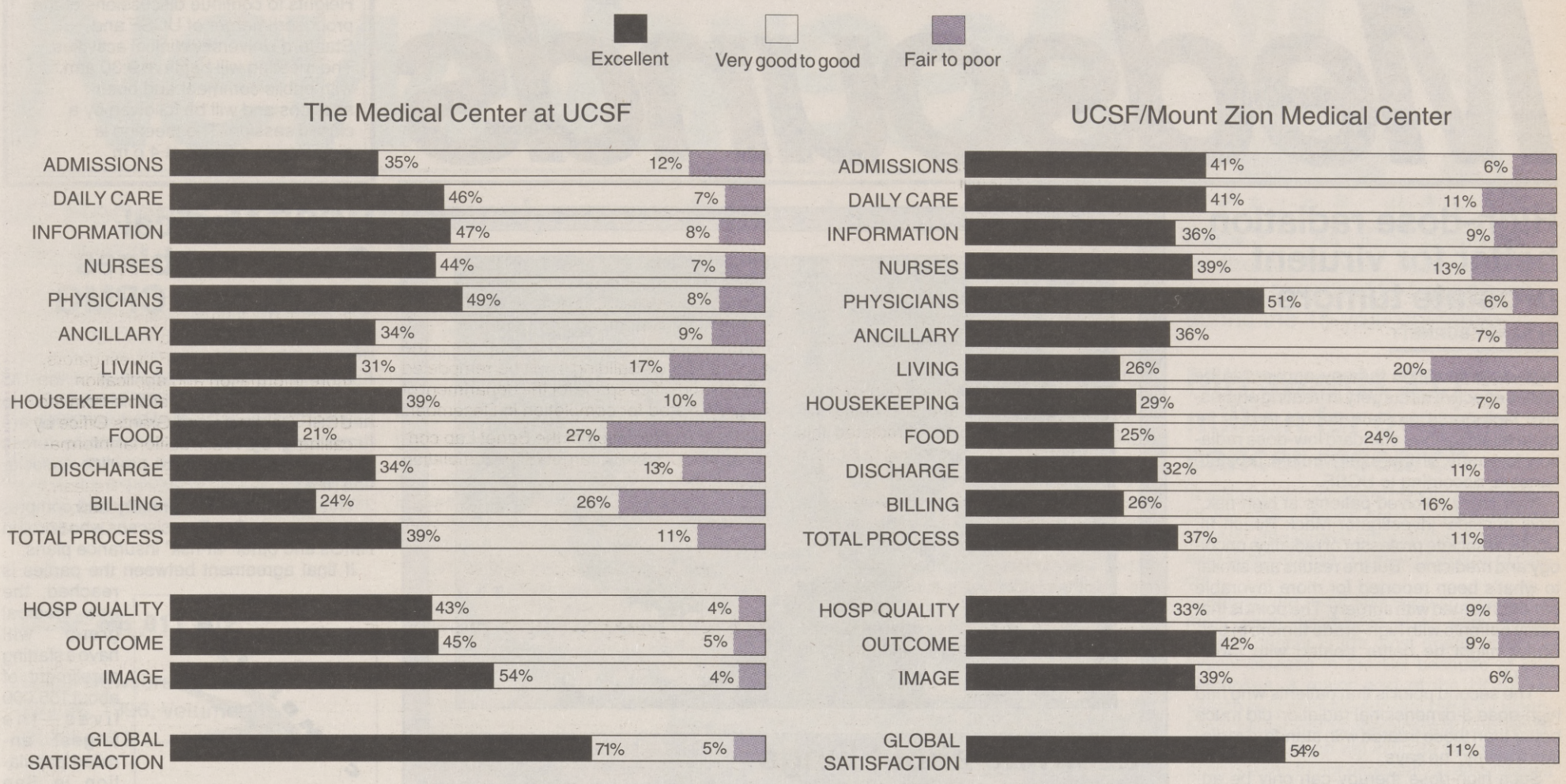
Using the concept of a virtual 3-D jigsaw puzzle, Irwin Kuntz and his collaborators have developed software which enables the computer to try thousands of ligands, molecules which attach to specific sites on the macromolecular target, to see which "pieces" fit well. The best-fitting compounds (typically 100-200 gleaned from a database of 100,000) are examined using computer graphics and selected for clinical testing based on chemical, biochemical and toxicological properties. Recent successes include finding in as little as three months lead compounds for targets such as HIV protease and the malarial cysteine protease.

The steady improvement in the speed and storage capabilities of computers suggests that these approaches will continue to be highly significant. It should ultimately be possible to search the entire Chemical Abstracts database of organic compounds as well as libraries of compounds that have been computer-constructed but not yet synthesized.

With this so-called *de novo* design method of drug discovery, the pool of candidates to be tested can increase since the chemists are no longer limited to existing compounds. Structure-based design has already been successful in bringing compounds to clinical trials and to market, and hold much promise for the future.

The UCSF Molecular Design Institute was established in 1993 with the goal of promoting the discovery, design and delivery of novel pharmaceutical agents.

Medsounds Continued



These charts show the percentage of patients who rated the different aspects of each system at each site as excellent, very good/good or fair/poor. Both medical centers are aiming to achieve 50 percent or higher excellent ratings and less than 10 percent fair/poor ratings. Source: NCG Viewpoint survey based on patients discharged from July to October 1995.

Survey *(from page 8)*

the second survey, the percentage of patients who rated their global satisfaction at Moffitt/Long as excellent increased, but dipped slightly at Mount Zion.

When evaluating the total process — comprised of questions about all aspects of quality of care from admission to discharge — 39 percent (up from 37 percent) of patients at Moffitt/Long and 37 percent (down from 40 percent) of those at Mount Zion said it was excellent.

Those areas identified in the last survey as needing improvement, including quality of food and the billing process, again were rated the lowest, although the second survey shows some slight gains in food ratings at both sites. However, food and billing are typically rated low at most hospitals due to patients being on restricted diets and the complexities involved in billing for health care services. More than half of patients surveyed continue to complain about parking at both sites, a common problem in San Francisco.

The response rate for the second survey was 44 percent at Mount Zion and 49 percent from Parnassus. In demographic terms, the average age of respondents at Mount Zion is 60 while the average age on Parnassus is 36. The average length of stay of all respondents at both sites was about the same — a week.

Minorites *(from page 1)*

needs of the public in California. If we, as a society, are interested in making sure there is an adequate distribution of physicians in minority communities, an important goal is to train minority physicians since they are more likely to care for patients in these communities," Komaromy says.

When affirmative action programs were introduced in the late 1960s and early 1970s, minority enrollments in medical schools doubled, according to the researchers. Enrollments then leveled off following the 1978 US Supreme Court decision in the Bakke case, in which a white student successfully claimed that race-based quotas prevented him from being admitted to medical school at UC Davis. Minority admissions began to rise again beginning in 1990, largely because of an Association of American Medical Colleges' project that is credited with boosting the number of minority graduates from medical schools by 37 percent.

However, minorities still remain underrepresented among physicians, the researchers say. Blacks make up 12 percent of the US population but only 4 percent of physicians. Hispanics account for 9 percent of the population but only 5 percent of physicians.

"What was most striking is that we found there were fewer physicians available in affluent minority communities than in poor, non-minority communities. So what determines the number of available physicians in a community is race and ethnicity, not income levels," says Kevin Grumbach, UCSF assistant professor of family and community medicine and a co-author of the study.

Researchers reviewed records from 1969 to 1984 for the 275 black, Hispanic and Native American graduates of the UCSF School of Medicine, which has the highest proportion of graduates from underrepresented minorities of any US medical school other than traditionally black schools, according to the study. Minority graduates of UCSF were more likely than non-minority graduates to locate in black and Hispanic communities, the researchers found. "These graduates are among the most competitive in the country, so if they are going to these communities, that implies it's a matter of choice, rather than discrimination," Komaromy says.

Prostate *(from page 8)*

subjects, about 80 percent of the men who had moderate PSA scores but aggressive tumors were disease-free after three years if treated with high-dose radiation, compared to 15 percent of men with lower PSA scores treated with standard radiation therapy. Standard therapy offers comparatively low doses of radiation to avoid harming other tissues, according to Roach.

Although both radiotherapy and surgery may produce side effects such as impotence and incontinence, Roach said they tend to be less common with radiation. "The quality of life is probably a bit better with radiotherapy," he says.

In addition, radiation may be used on some tumors that are inoperable. More than half of the patients in the study weren't considered surgery candidates.

One of the controversies in prostate treatment is whether many tumors should be treated at all, Roach said. Typically, most prostate tumors are slow-growing and many men will die of other causes before the tumor becomes dangerous.

The prognosis for patients who have prostate cancers usually is based on three assessments. One is a PSA blood test. A second measurement, made by digital rectal exam, assesses the location and volume of disease, or the "stage" of the tumor. A third measurement, which uses a microscope to evaluate how aggressive the tumor looks, is known as the "grade." Study results indicated a dose response effect, with higher grade tumors requiring greater amounts of radiation.

Auxiliary at Mount Zion reorganizes

Karen Wener of San Rafael was installed as the new president of the UCSF/Mount Zion Auxiliary during the organization's annual meeting May 20 at the Westin St. Francis Hotel in San Francisco. Wener succeeds outgoing president Lenore Bleadon.

Wener

The event also served to introduce Tim Spencer, a former Marin Volunteer of the Year, as the organization's first male director in recent memory. Spencer has since been joined by Kenneth Atterman.

Other officers named during the installation were Karen Mendelsohn, first vice president; Yvonne Goddard and Cathryn Hilliard, vice presidents; Carolyn Bloom, treasurer; Larisa Oryol, financial secretary; and Judy Venhuizen, secretary.

Directors include Atterman, Berit Muh, Michele Herron and Beth Silverstein, first term; Cathryn Hilliard and Odile Gershow, second term; Fae Asher, Marsha Felton, Rachel Leader, Janice Selix, Maxine Sigel, Carol Weitz, Doris Cherin, Tanya Goodman, Inge Lehmann, Susan Shargel and Spencer, continuing directors. Jacqueline Lowenberg was appointed parliamentarian.

Founded in January, 1897, as the Ladies' Auxiliary Society shortly after Mount Zion Hospital began accepting patients, the auxiliary helped make patients comfortable on the wards and took as its special responsibility the care and upkeep of hospital linens. Today, the 600-member auxiliary raises money to support a variety of hospital programs, ranging from scholarships for nursing students, nursing achievement awards, the purchase of new imaging equipment for the surgery department, the Cancer Resource Center, the hospital chaplaincy program and various breast cancer projects, among others.

"We belong to the hospital," says Wener. "We are there as a vehicle for any department to supplement their resources to accomplish the things they want done."

Funds are raised through operation of the UCSF/Mount Zion Gift Shop in the hospital lobby, special gifts and fundraisers such as the upcoming dinner dance June 15 to benefit the Resource Center. See upcoming events page 5.

Anyone interested in joining the auxiliary or obtaining information about the organization's activities should call the UCSF/Mount Zion Volunteer Office at 885-3888.

CPMG *(from page 8)*

and procedures of that group, which are very similar to the ones UCSF has developed for its own capitated care operations. The new group would develop physician compensation structures for managed care contracts.

Managed care services for the new medical group will be administered by California Pacific Medical Services Organization, (CPMSO) which currently administers all California Pacific HMO contracts. CPMSO has a national reputation for innovation in the management of managed care.

Although this proposal is not without its risks, UCSF officials believe that it offers the strategic affiliation within San Francisco of greatest benefit to the academic program. The UCSF Medical Center relies upon San Francisco enrollees for more than 40 percent of inpatient volume and local patients are vital to UCSF's growing commitment to primary care training programs in general internal medicine, general pediatrics and family medicine. San Francisco also provides UCSF a significant number of teaching cases to specialty training programs with a substantial component of secondary care, such as in obstetrics/gynecology, cardiology and general surgery.

To secure its position in the local market, UCSF must gain more local managed care enrollees, a need that would persist even if the merger with Stanford goes forward. And despite UCSF's efforts to expand and improve its primary care network and build local enrollee volume in its HMO programs, its number of enrollees falls short of the amount necessary to carry out its academic mission. By combining its medical group with CPMG, UCSF expects to achieve access to larger enrollments without increasing its planned capital commitments to managed care.

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UCSF
Medsounds

Stanford merger meeting June 10

The UC Board of Regents' Committee on Health Services will hold a special meeting on Monday, June 10, at Laurel Heights to continue discussions of the proposed merger of UCSF and Stanford University clinical activities. The meeting will begin at 9:30 a.m. with public comment and open sessions and will be followed by a closed session. The meeting is expected to adjourn at 4 p.m.

High-dose radiation better for virulent prostate tumors

By SANDY BURNETT

High-dose radiation therapy appears to be just as effective as surgery in treating aggressive high-grade prostate tumors and is far more effective than standard low-dose radiation for some of the most virulent prostate cancers, according to UCSF.

"Our study involved patients at high risk," says principal investigator Mack Roach III, UCSF associate professor of radiation oncology and medicine. "But the results are similar to what's been reported for more favorable patients treated with surgery. The point is that many patients with high-grade tumors in particular might be better treated with radiotherapy.

"The second point is that patients who had high-dose 3-dimensional radiation did much better than those treated with standard radiation therapy," he says.

Such high-dose therapy can only be administered by the use of a recent technology called 3-dimensional conformal radiation, according to Roach. This technology allows multiple X-ray beams of radiation to be designed with the use of computer software to pinpoint the exact shape of the prostate. Only the prostate receives the maximum dose of radiation while minimal doses are delivered to adjacent tissues and organs.

Results of the study were presented at the 32nd annual meeting of the American Society of Clinical Oncology. Prostate cancer is the second leading cause of cancer death among men in the US, after lung cancer, and the most common non-skin malignancy in men.

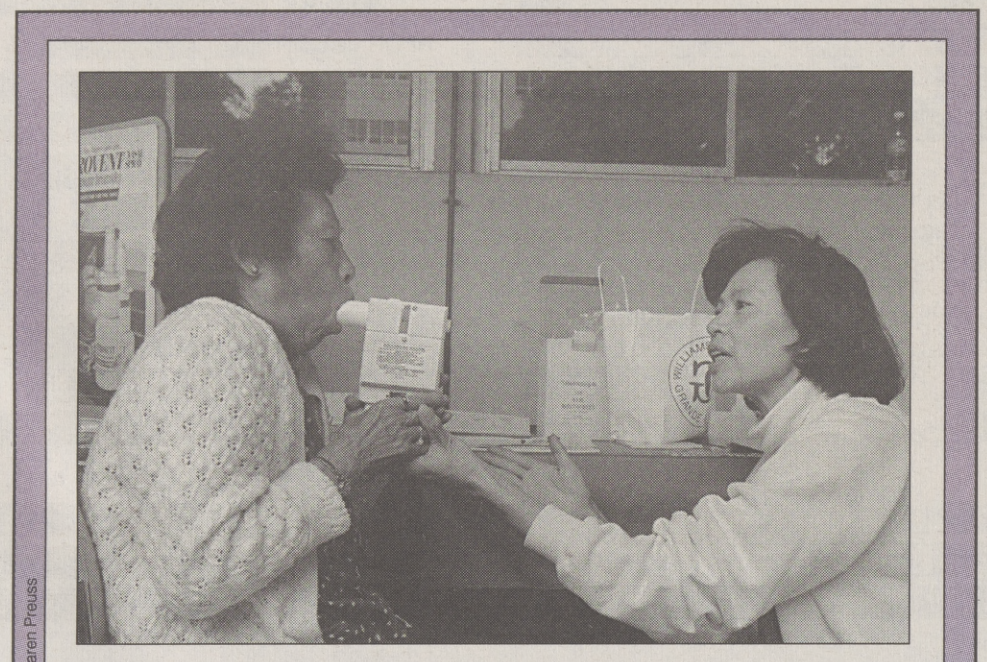
In the UCSF study, 23 percent of 50 patients who received either high-dose or standard radiation therapy were disease-free after four years, nearly equal to the approximately 25 percent reported in two other studies conducted in 1994 at Johns Hopkins Medical Center and Baylor University School of Medicine of men with similarly aggressive tumors who underwent surgery.

The research represents the first analysis of results from using higher than standard doses of radiation on high grade tumors at UCSF. Study subjects were chosen because they were considered at highest risk for failing treatment and dying of prostate cancer. Similar outcomes were found when the UCSF researchers expanded the study to nearly 100 patients that included men with slightly less aggressive (lower grade) tumors.

In addition to how aggressive a tumor looks, prostate cancers also are measured in terms of how much of the tumor marker called prostate specific antigen (PSA) is produced. The higher the PSA score, the more serious the disease.

In a subset of about half of the study

(See **PROSTATE** on page 7)



Karen Preuss

Learning about lungs

Pearl Jue, a respiratory therapist, conducts a pulmonary function test with Florence Dare at Lung Health Day May 18 at the UCSF/Mount Zion Medical Center. Co-sponsored by UCSF/Mount Zion and the American Lung Association of San Francisco and San Mateo counties, the event featured information booths, demonstrations and introduced about 150 people to the new lung surgery program that treats all types of lung disease.

UCSF tests clot-busting stroke drug

By REBECCA HIGBEE

UCSF is testing a new approach to stroke treatment that may limit the extent of brain injury caused by stroke.

The national clinical trial will test the safety and efficacy of an investigational drug called recombinant pro-urokinase, a modified form of a naturally occurring enzyme that dissolves blood clots. The study is being conducted at 60 medical sites nationwide and seeks to confirm promising results of earlier research that suggests treatment with the drug within the first six hours of stroke symptom onset limits the amount of permanent brain damage associated with stroke.

Pro-urokinase works by dissolving the clot and restoring blood flow to the brain. The drug is delivered to the brain via a catheter, which is placed in a blood vessel in the groin area and then guided through the body directly to the site of the clot.

"This trial tests an interventional, rather than preventive or rehabilitative, approach to stroke treatment," says Randall Higashida, UCSF clinical professor of radiology and neurosurgery who is one of the principal investigators of the trial.

Patients with symptoms of acute cerebral artery stroke admitted to UCSF are being screened for entry into the study. A stroke is caused by the sudden interruption of blood flow to a part of the brain. It occurs when an artery becomes clogged by a blood clot, cutting off the supply of vital oxygen. Brain tissue, deprived of oxygen, dies within minutes.

Each year, more than 550,000 Americans suffer from stroke, the third leading cause of death and the number one cause of adult disability in the US. Three million Americans have had at least one stroke, and $30 billion a year is spent on stroke treatment and care.

The signs of stroke include sudden weakness or numbness of the face, arm and leg on one side of the body; loss of speech, trouble talking or understanding speech; unexplained dizziness; blurred or double vision; temporary loss of vision in one eye; and unsteadiness.

People at greatest risk for stroke are those who have diabetes, high blood pressure, heart disease or elevated blood cholesterol, or who smoke, drink alcohol excessively or are obese. Age is also a factor. More than 70 percent of stroke victims are aged 65 or older, and the risk of stroke doubles for every decade over age 55.

"People who are having stroke symptoms, or think they have had a brain attack, should call 911 immediately," says neurologist Wade Smith, assistant director of the UCSF Stroke Service and co-investigator of the trial. "Too easily, many stroke sufferers brush off their symptoms, waiting for hours or days to see if the signs go away."

The clinical trial is funded by Abbott Laboratories. For more information about the UCSF drug trial or stroke, call the UCSF Stroke Service at 476-7489 or dial up its home page on the Web (http://www-stroke.his.ucsf.edu).

Medical Center compares patient satisfaction surveys

By LISA CISNEROS

With the second wave of patient satisfaction survey data in hand, Medical Center managers are developing action plans to build on strengths and to correct weaknesses identified in the report.

This is the Medical Center's first opportunity to analyze and compare results between the two surveys of patients discharged from the medical centers on Parnassus and at Mount Zion. Compiled by NCG, a national survey firm that measures and analyzes patient opinions about all aspects of health care, the second survey continues where the first four-month survey left off. This one covers patients discharged from July through October 1995.

As results from the first survey indicated, the majority of respondents in the second survey continue to rate physicians and nurses as either excellent or very good and most said they are satisfied with the quality and outcome of their care.

Bruce Schroffel, director of operations, says he takes pride in the fact that patient satisfaction remains high for both medical centers. "We are striving to improve to excellent in all categories," he says. "I feel the survey results are impressive, particularly in light of the all the changes and budget pressures we're facing today."

As health care consumers become exceedingly sophisticated in their evaluation of health care facilities and providers, it is important to listen to their point of view, say Deborah Yano Fong and Susan Alves-Rankin, co-directors of Patient Relations.

Both are members of the Patient Satisfaction Services Committee, a group organized to work with staff to find systematic solutions to actual and perceived problems in patient service. Committed to achieving high levels of patient satisfaction, members of the committee are serving as consultants as the Medical Center explores ways to meet the needs of patients. "We have asked managers to share the second wave of information with staff to acknowledge areas of excellence and to focus on areas in need of improvement," says Alves-Rankin.

As the "Voice of the Patient" charts depict on page 7, 95 percent of respondents at Moffitt/Long and 89 percent at Mount Zion rated their global satisfaction as either very good or excellent. Global satisfaction figures, perhaps the survey's key indicator, are compiled by asking patients three questions: if they would return to the medical centers, brag about them and recommend them to family and friends. In

(See **SURVEY** on page 7)

UCSF Medical Group combines forces with CPMG

By LISA CISNEROS

Following the May 17 approval of the UC Board of Regents, the UCSF Medical Group and the California Pacific Medical Group are formalizing agreements to combine forces into a single independent practice association (IPA).

This IPA will provide primary and comprehensive care to San Franciscans who enroll in HMOs and other "at-risk" insurance plans.

If final agreement between the parties is reached, the new medical group will have a starting enrollment of about 155,000 lives—the largest enrolled population in San Francisco—and significant potential for growth. With the merger, to take effect January 1997, primary care physicians in the new medical group are expected to be able to refer freely to specialists practicing at either California Pacific Medical Center, San Francisco's largest private health care facility, or UCSF Medical Center and UCSF/Mount Zion.

By uniting two of San Francisco's most prominent physician groups, the combined organization will be better able to conduct managed care activities at a lower cost and offer the public a greater opportunity to mix and match primary care physicians and specialists from either institution.

"The ultimate winners in this merger will be the people of San Francisco," says Michael Abel, CPMG president. "Through a combined physician organization, we gain the means to deliver access, choice and the highest caliber of patient care to the community. In turn, HMOs can offer their enrollees a diverse physician organization that spans a large portion of the City at a competitive price."

Under the proposed plan, the new medical group would be renamed to acknowledge and reinforce its new market offering of community and University physicians. While UCSF primary care and specialty physicians would join the IPA, full-time faculty would remain UCSF employees.

All physicians in the newly combined group would be subject to managed care policies

(See **CPMG** on page 7)

Who, what's involved

With about 120 primary care physicians and 800 specialists, the UCSF Medical Group contracts with four HMO plans. Its physicians practice at the UCSF Medical Center and at UCSF/Mount Zion. Managed care services include a practice on the Parnassus campus, two satellite locations in southwestern San Francisco and a third in Daly City.

CPMG is comprised of 253 primary care physicians and 424 specialists. CPMG is affiliated with California Pacific Medical Center, which is a member of Sutter/CHS, one of Northern California's largest integrated health systems.

Well-positioned to compete in the managed care market, CPMG has contractual agreements with 12 HMOs for commercial enrollees and five for Medicare beneficiaries, as well as other related point-of-service plan and exclusive provider organization contracts. UCSF physicians will have access to existing and new contracts with payers. UCSF Medical Group will continue to contract with insurers and HMOs for specialty care throughout Northern California and elsewhere.